

# Iowa Department on Aging

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Director: Donna Harvey

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## **Iowa Department on Aging Reminds Older Iowans and Their Families that March is National Nutrition Month and Encourages Everyone to Make Healthy Food Choices**

*New Dietary Guidelines for Americans recommend an increased focus on a plant-based and lean meats, fish and poultry diet. The March campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits*

Des Moines, IA – Today, Iowa Department on Aging (IDA) Director Donna Harvey reminded Iowans that March is National Nutrition Month and that building healthy food habits can lead to a better quality of life and help older Iowans ‘age in place’ in their own communities.

Director Harvey stated, "Iowa's Nutrition Program for Older Iowans is committed to improving the health of older Iowans, and one of the ways we do this is by providing sound nutrition information to older Iowans and their families in a way that's easy to understand and can be applied to their everyday lives."

The Nutrition Program for Older Iowans provides nutritious congregate and home delivered meals which promotes good health and needed socialization for folks age 60 and older.

The recently released 2010 *Dietary Guidelines for Americans* recommend an increased focus on a plant-based diet. This combined with including lean meats, fish and poultry, and low-fat milk and dairy products creates the foundation for a healthful eating plan.

The latest dietary guidelines also recommend those age fifty (50) and older should consume foods that are fortified with vitamin B12, such as fortified cereals or dietary supplements.

Carlene Russell, Nutrition Program Manager for the Iowa Department on Aging, commented, "The new *Dietary Guidelines* provide a great base for directing the eating patterns of older Iowans and all citizens. These new guidelines can be helpful in developing an individual healthy and nutritious eating plan."

Director Harvey concluded, "By routinely making healthy choices and following the new dietary guidelines, we can all live more vibrant, better lives no matter what our age."

For more information on Iowa's Nutrition Program for Older Iowans, go to:  
<http://www.aging.iowa.gov/living/nutrition.html> or call toll-free: 1-800-532-3213.

To find out about nutrition programs available in local communities, contact the Area Agencies on Aging toll-free at: 1-866-468-7887 or log onto: [www.i4a.org](http://www.i4a.org) .

For more information on the Iowa Department on Aging (IDA), visit: <http://www.aging.iowa.gov/> or call 1-800-532-3213. To locate resources for older adults and people with disabilities go to: [www.lifelonglinks.org](http://www.lifelonglinks.org).

The mission of the Iowa Department on Aging (IDA) is to provide advocacy, educational, and prevention services to help Iowans remain independent as they age. IDA administers over 32 million dollars in services and supports through a network of 13 Area Agencies on Aging across the state.

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